



Creative Alchemy

MEDITATIONS, RITUALS, AND
EXPERIMENTS TO FREE
YOUR INNER MAGIC

MARLO JOHNSON



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CHRONICLE BOOKS
SAN FRANCISCO

for the brave

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Contents

INTRODUCTION 6

THE MEDITATIONS, RITUALS & EXPERIMENTS 11

Chapter 1 12

Chapter 2 14

Chapter 3 16

Chapter 4 18

Chapter 5 20

Chapter 6 22

Chapter 7 24

Chapter 8 26

Chapter 9 28

Chapter 10 30

Chapter 11 32

Chapter 12 34

Chapter 13 36

Chapter 14 38

Chapter 15 40

Chapter 16 42

Chapter 17 44

Chapter 18 46

Chapter 19 48

Chapter 20 50

Chapter 21 52

Chapter 22 54

Chapter 23 56

Chapter 24 58

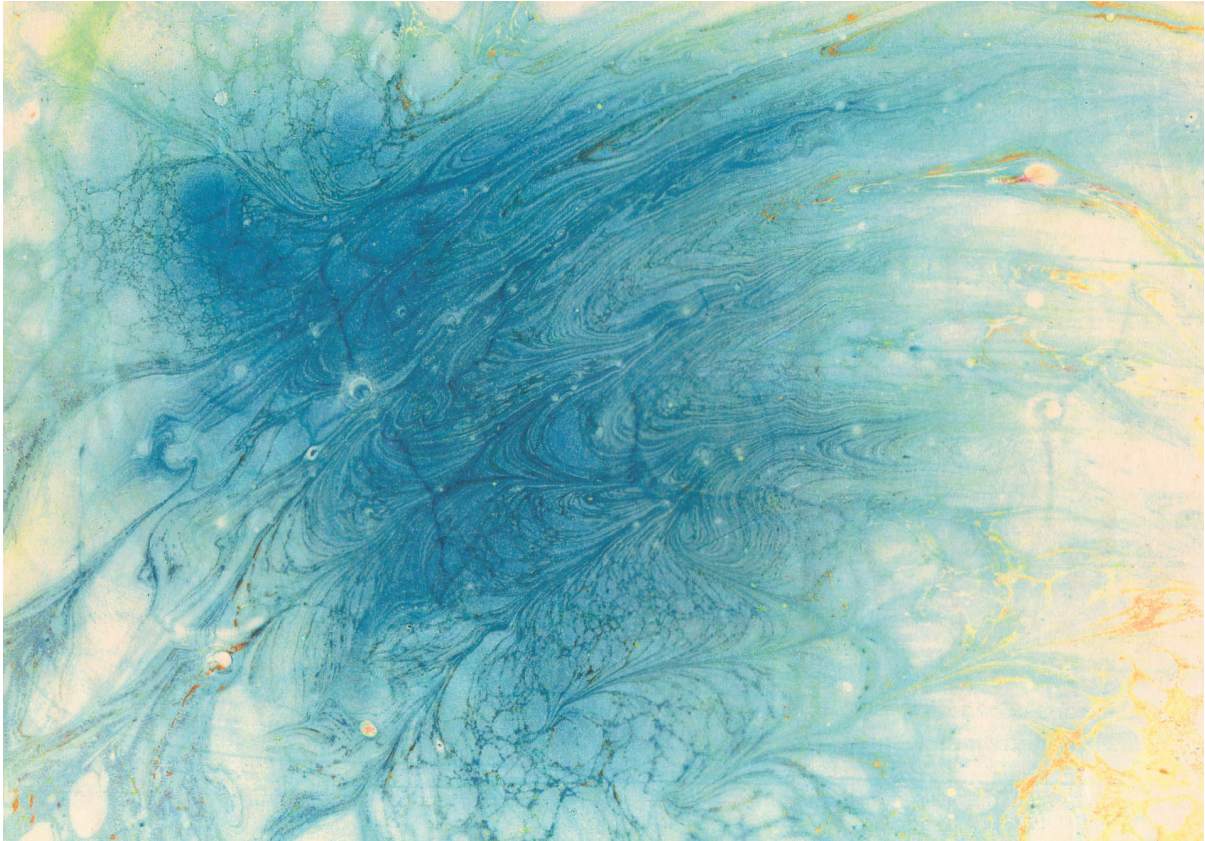
Chapter 25 60

Chapter 26	62
Chapter 27	64
Chapter 28	66
Chapter 29	68
Chapter 30	70
Chapter 31	72
Chapter 32	74
Chapter 33	76
Chapter 34	78
Chapter 35	80
Chapter 36	82
Chapter 37	84
Chapter 38	86
Chapter 39	88
Chapter 40	90
Chapter 41	92
Chapter 42	94
Chapter 43	96
Chapter 44	98
Chapter 45	100
Chapter 46	102
Chapter 47	104
Chapter 48	106
Chapter 49	108
Chapter 50	110
Chapter 51	112
Chapter 52	114
Chapter 53	116
Chapter 54	118
Chapter 55	120
Chapter 56	122

Chapter 57	124
Chapter 58	126
Chapter 59	128
Chapter 60	130
Chapter 61	132
Chapter 62	134
Chapter 63	136
Chapter 64	138
Chapter 65	140
Chapter 66	142
Chapter 67	144
Chapter 68	146
Chapter 69	148
Chapter 70	150
Chapter 71	152
Chapter 72	154
Chapter 73	156
Chapter 74	158
Chapter 75	160
Chapter 76	162
Chapter 77	164
Chapter 78	166
Chapter 79	168
Chapter 80	170
Chapter 81	172
Chapter 82	174
Chapter 83	176
Chapter 84	178
Chapter 85	180
Chapter 86	182
Chapter 87	184

Chapter 88	186
CONCLUSION	188
NOTES	190
About the Author	193

INTRODUCTION



Slip yourself into the extraordinary world of conscious creation—a world of inspiration and excitement, where you are free and empowered to live any life that you can dream of. With this book you will learn how to create wildly and abundantly, with fewer fears and inhibitions holding you back. You will remember the infinite potential of the gifts you already possess. And you will discover that by using the power of creativity, you can transcend limitation in a way that is both powerful and fun.

Who needs this book?

Do you feel out of touch with your inner magic? This guide can help you get it flowing again. It is designed to teach you how to wake up and create everything you do with more passion, excitement, success, and

authenticity. Whether you are an artist, or would just love to achieve a more fluent and profound level of creativity in your work and life, this book is for you. Put simply: This is a tool for the joyful liberation of your most amazing and magical self.

How do I use this book?

Each set of activities is designed to address a particular area of personal development, such as self-love, self-worth, focus, courage, or gratitude—aspects that are essential to your creativity, well-being, and success. To use this book, simply carry out each set of meditations, experiments, and rituals, in order or at random, at any speed you feel comfortable with, until you have completed them all. It's best to undertake a whole set at once, but you can spread it out over a few days if you need to, exploring each theme in a more deep and thorough way.

You may find it essential to schedule specific times each week to work through these pages, perhaps even with a group of friends to help one another stay on track. Keeping a journal may be useful, too; writing down your most interesting experiences, victories, and epiphanies will bring positive momentum to your journey and be inspiring to look back on. Anything that will make using this book more fun and exciting for you is highly encouraged!

The Meditations are intended, first, to help you find blind spots or hidden negativity in your thinking, and then to allow you to shift your beliefs into more empowered and beneficial ones. What you believe about yourself and the world shapes all of your emotions, choices, and perceptions, so working with your belief system directly is extremely powerful. Spend a few minutes with the phrase, repeating it in your head or out loud until you feel resonant with it. Really embody the feeling it gives you. Imagine your life if the statement were true. Immerse every cell of your being in that vibration. If a meditation brings you inspiration or moves you into action, follow your intuition. If you feel resistance or negativity concerning a meditation, this means you genuinely need it! Relax, breathe deeply, and allow any negative emotions to come up to

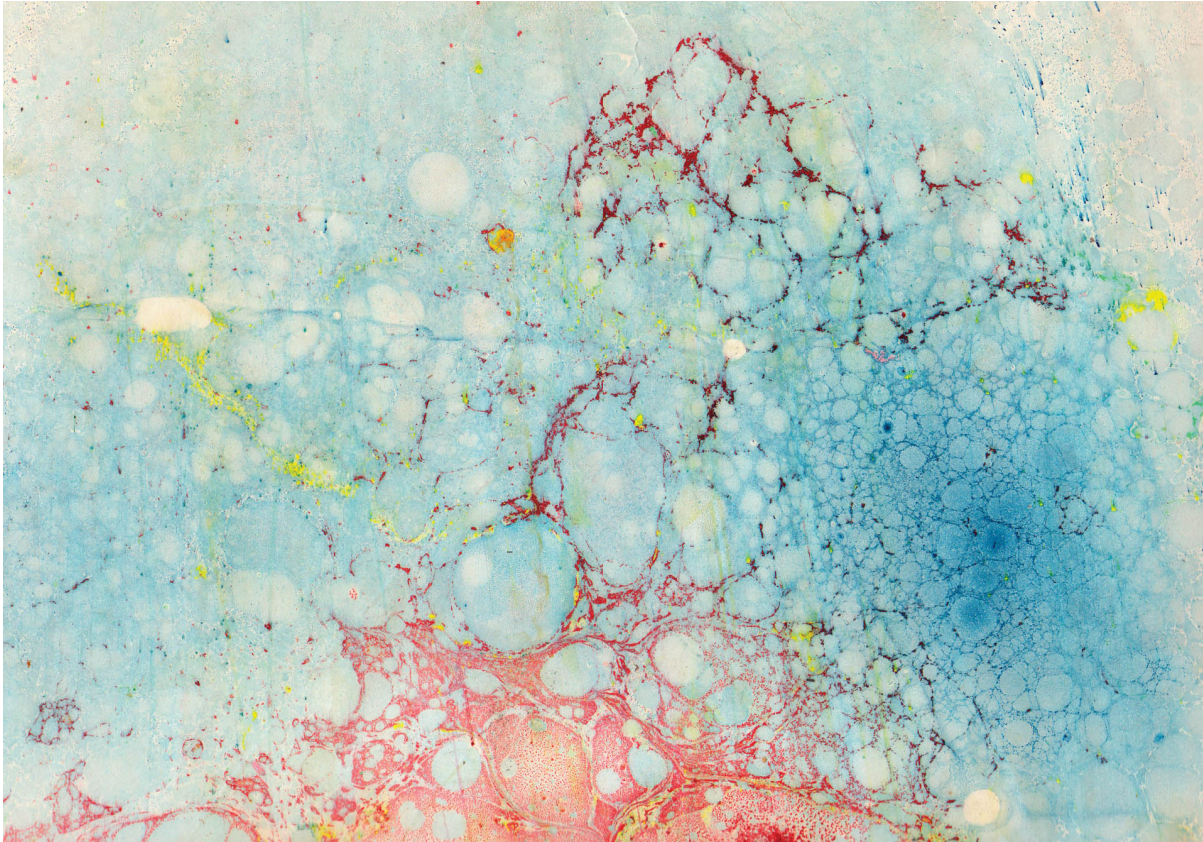
the surface freely and then dissipate freely. Once you're able to fully embody a meditation without any inner resistance, deep transformation can occur.

The Rituals are designed for the releasing or focusing of energy—in the form of emotions, ideas, or creativity. You are encouraged to choose favorites and use them often, incorporating them into your life in any way you choose. Rituals are acutely valuable for creating intentional shifts in your day, and ultimately in your life. You can use any of these rituals any time you want to shift from one state of being to another of your choosing. They work in mysterious ways, so complete them all even if you don't understand their exact purpose. You may find that the benefits emerge over time.

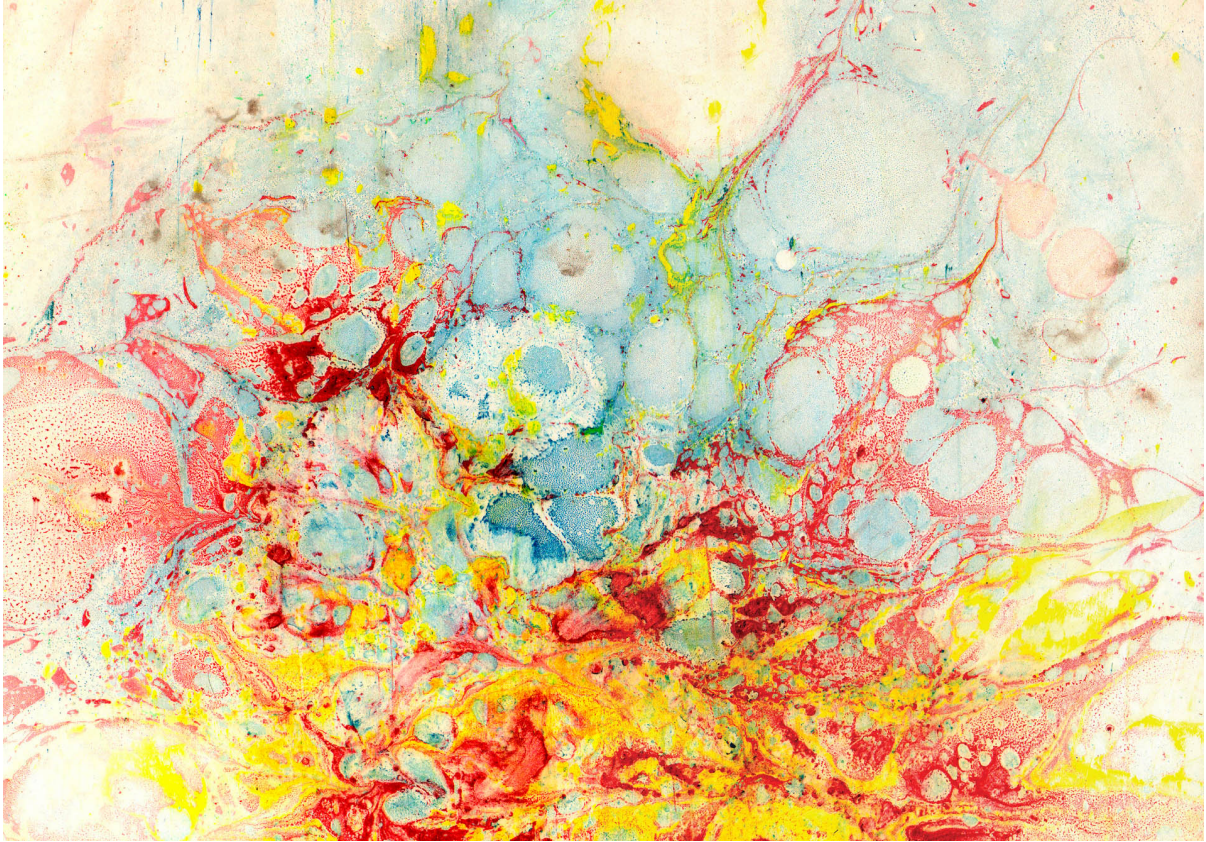
The Experiments are meant to propel you out of old habits and inhibitions, to awaken areas of yourself perhaps left ignored, and to inspire you to create in innovative new ways. It is crucial that you approach each experiment with curiosity, rather than expectation. Instead of trying to create a particular outcome, allow yourself to dive into the magic of the unknown and see what you discover; this mysterious realm is where your most authentic connection to inspiration lies. Just relax and enjoy playing with the process! Pleasure, adventure, openness, and ease are not trivial—they are truly essential elements of genuine creativity and well-being.

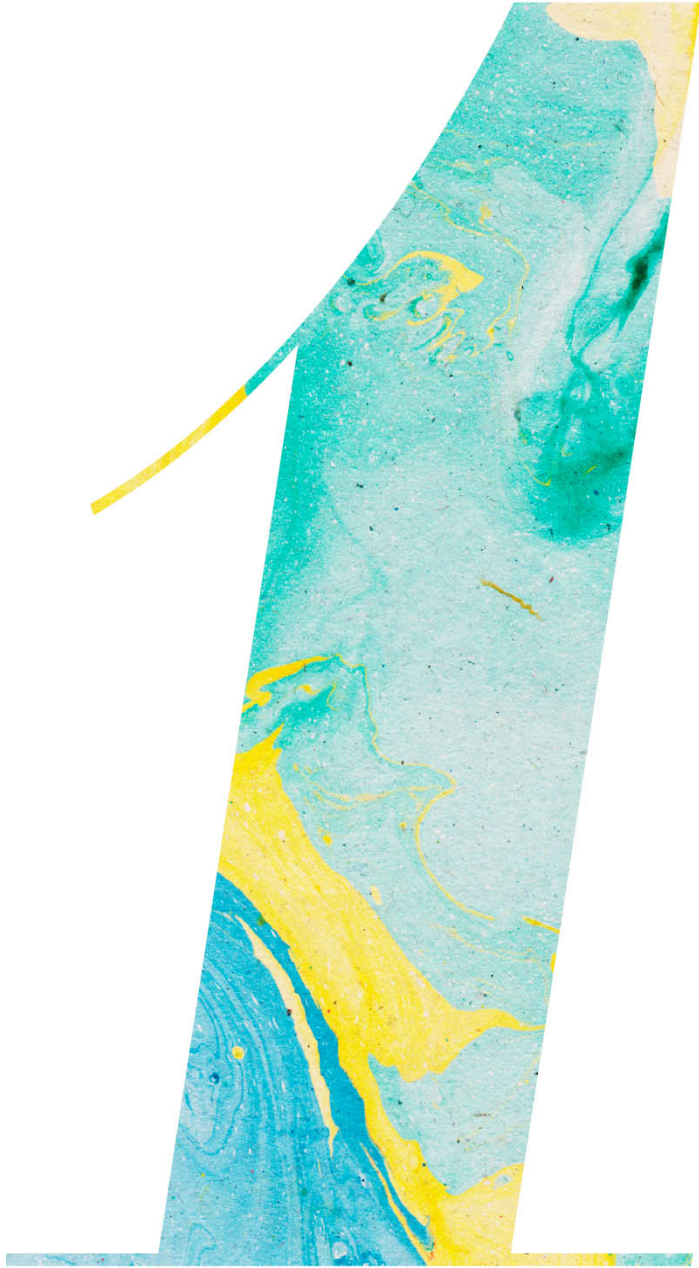
If you feel inspired to take any of the exercises further than suggested, feel free! Your own creativity and intuition are important parts of this process and should be trusted. You may also modify any of these activities according to your current situation and abilities—it is far better to complete an altered version than to skip something. If you can't do the task at all, use it for some creative thinking—if you were going to do it, what would you do? Visualize the entire process.

Do not worry whether what you create during these tasks is good or not (unless specifically prompted to think about that). Let each creative action flow out however it wants to without judgment.



THE MEDITATIONS, RITUALS & EXPERIMENTS





Meditation

"I am free!"



Ritual

What makes you feel trapped? Imagine setting yourself free.



Experiment

Lie on the floor. Move your body as strangely as you can, while making the weirdest sounds possible. Keep going until you break through any discomfort and feel free. If you're worried about being overheard, put on some loud music to mask the noise!



Meditation

"I am a clear conduit!"



Ritual

Close your eyes, and relax your body and mind. See your thoughts draining away, as though cleaned from your skull by a hard rain. A blank canvas pops into view. What appears on the canvas? Get some drawing materials and sketch it out.



Experiment

Design your own ritual to help get yourself into the right mood for a sacred creative session—lighting candles, having tea, setting intentions, journaling, or whatever your imagination dreams up. Try the most exciting things you can think of and see what works!



Meditation

"I am empowered!"



Ritual

Clean and organize a drawer, shelf, closet, handbag, backpack, or your car. Let go of all the items you don't use or love.



Experiment

Find a magazine or newspaper and draw or write all over it, embellishing it in any way you choose. Have fun!



Meditation

"I am completely here and now!"

Ritual



Slowly drink a glass of water. Do nothing else but observe and drink the water until it is done.



Experiment

Envision the life of your wildest dreams. Next, make one change that makes your life right now more like your dream life. It can be insignificant, gigantic, or somewhere in between.



Meditation

"I am fearless!"



Ritual

Find two stones, and hold one in each hand. Visualize all of your anxiety, pain, and fear draining out of your body into the stones. Bury them or throw them into a body of water.



Experiment

Do something that makes you feel vulnerable. What would take you a little bit out of your comfort zone in an exciting way? You could perform at an open mic. You could apply for a residency or grant. You could open up about something to a friend. Even writing something personal in a journal can be a good exercise in vulnerability.



Meditation

"I am focused!"



Ritual

Relax and focus on taking deep breaths, counting each one until you get to 36, 72, or 108—without losing track. Allow any thoughts to come and go freely. You don't need to suppress them, just don't give them your attention.



Experiment

Make something that reminds you to focus on your passions and dreams—this could be an altar, vision board, note to yourself, or anything you'd like. Place it somewhere where you will see it often.



Meditation

"I am connected!"



Ritual

Set a timer for ten minutes, eliminate any distractions, and meditate generally on your creative practice. What would make it better or more exciting? Don't force anything, just relax and listen. Write down anything important that comes to you, and let it be okay if nothing comes at all.



Experiment

Reach out to a person you admire, and tell them why you appreciate them or how they inspire you.



Meditation

"I am whole!"



Ritual

Forgive yourself. Accept that you are perfectly human—just like everyone else.



Experiment

Consider an aspect of yourself you have found difficult to accept, and explore it through art making.



Meditation

“I am amazing!”



Ritual

Smile or laugh right now, and as much as possible for at least a day.



Experiment

Try a new creative medium that you find intriguing—anything from watercolors to cake decorating—don't necessarily limit yourself to traditional artistic mediums. Approach it lightheartedly, and find the humor in any mishaps or challenges that arise.

10

Meditation

"I am heard!"



Ritual

Take a few minutes to imagine people all around the world experiencing, understanding, and enjoying something you created.



Experiment

Write something positive and supportive on a small piece of paper and hide it somewhere someone will eventually find it.



Meditation

"I am passionate!"



Ritual

Imagine a flame burning in your belly, fueling your passion for life and creativity. Nurture it, letting it grow and intensify.



Experiment

Focus your awareness deep within your gut, and create something visceral, guided by that place and feeling in your body.



Meditation

"I love myself!"



Ritual

Do something for your emotional well-being. This could be journaling, channeling your emotions into a piece of art, a walk, or anything you know will nurture you.



Experiment

Create something extremely and hilariously bad. Put all of your effort into making it as terrible as you possibly can. Show someone, or complete this together with a friend.

13

Meditation

"I am worthy!"



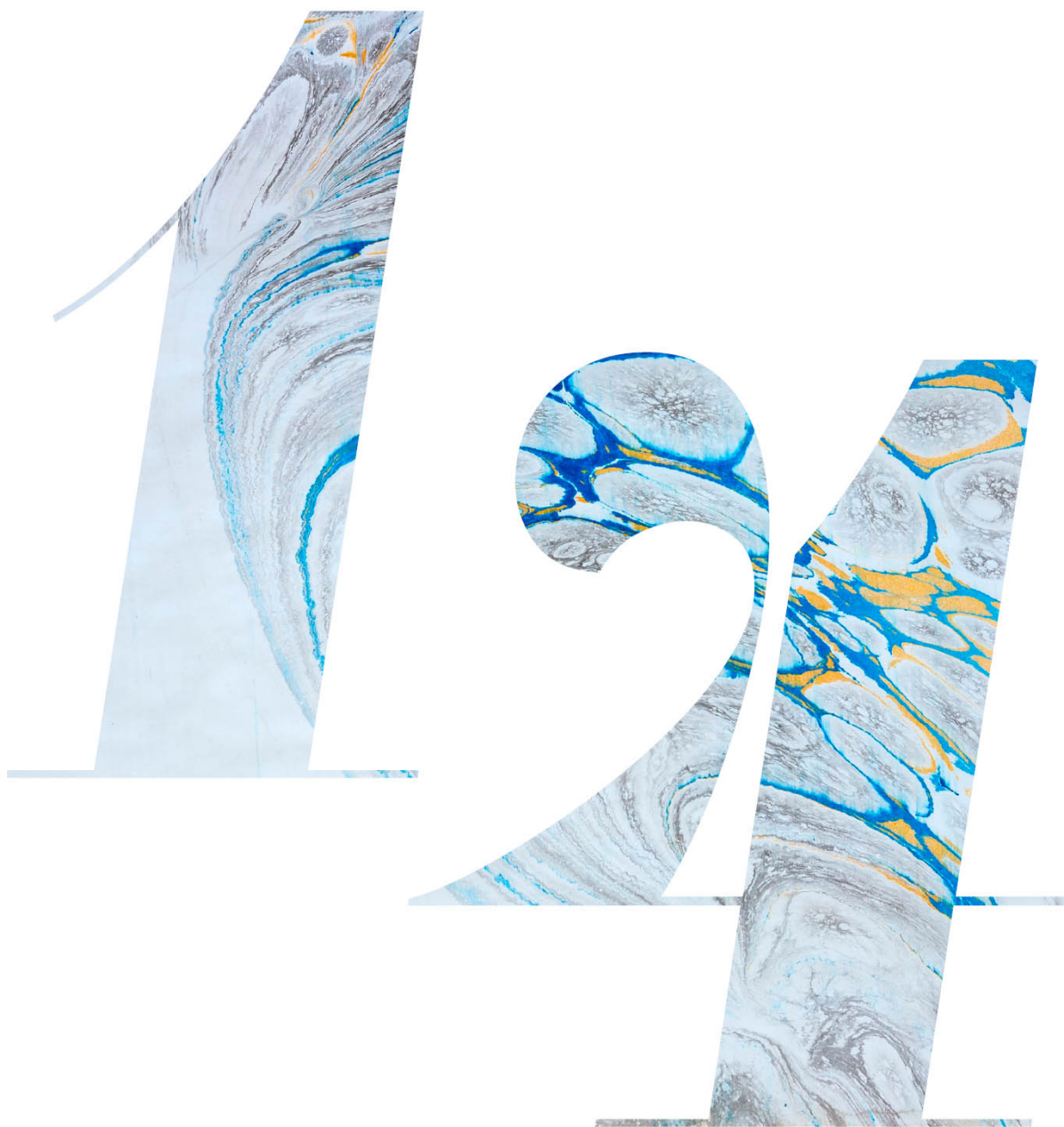
Ritual

Indulge in something you would normally save for a special occasion—get dressed up, have that treat you were saving, drink your best wine, use your best dishes, wear your nicest underwear, or something else. Make that special time now.



Experiment

Take some time to decorate or improve your workspace, in ways that make it more exciting to be there.



Meditation

"I am true!"



Ritual

Stretch, run, shake, or jump around to release any tension or negativity in your body, while telling your body that you forgive it.



Experiment

Create something that you love immensely, just for yourself and the pleasure you get from it. Don't show anyone or tell anyone about it.



Meditation

"I have purpose!"



Ritual

Reflect on a time when you felt exceptionally great about yourself and what you were doing in that moment.



Experiment

Imagine existing one hundred years ago. Fantasize about the most beautiful, romantic, and fulfilling life you could dream of having then. How would you spend your days? Bring at least one idea from this vision into your now.

16

Meditation

"I am aware!"



Ritual

Using as many of your senses as possible, take some time to immerse yourself in nature. Don't take photos, write about it, or do anything creative. Just be there.



Experiment

Set a timer for one hour. Turn off all phones, computers, music, or other distractions. Alone, in silence, create something.



Meditation

"I am energized!"



Ritual

Channel all of your fear, anger, and negativity into a piece of art or writing, then destroy it.



Experiment

Do something old in an exciting new way.

18

Meditation

"I am wildly inspired!"



Ritual

Imagine walking down a street in great anticipation. You are extremely excited, about to experience the most beautiful and moving art exhibit of your entire life. You enter. What do you see? Write it down or sketch it out.



Experiment

If you were the last person on Earth, with unlimited resources and much time to kill, what would you want to create just for fun? See if you can create something like that now.

19

Meditation

"I am balanced!"



Ritual

Do something positive for your mental health—screen-free quiet time, exercise, journaling, creating, or whatever you know will do you good.



Experiment

Ask someone to write down five random words, then create something based on those words.



Meditation

"I trust!"



Ritual

Focus on a challenge you're currently facing. Ask yourself what the solution is, then, without overthinking, write down the first answer that comes to mind.



Experiment

Do something that you love, and invite someone to join you, or find another way to share the experience with other people.



Meditation

"I love!"



Ritual

Put your hand over your heart. Close your eyes, breathe deeply, and bring your awareness there. Spend a few minutes focused only on your heartbeat.



Experiment

Gather a few objects you love, then use them as inspiration to create something. Share your creation with someone.



Meditation

"I am confident!"



Ritual

Daydream about the most exciting life you could ever imagine having, without worrying whether it's realistic. Picture the version of yourself that could really achieve this life. Fully imagine being that person right now, in your current life, and enjoy the feeling that brings.



Experiment

For at least a day, walk, move, and hold your body the way a confident and successful person would, even if you don't feel that way.



Meditation

"I am safe!"



Ritual

Breathe deeply, relaxing your body from head to toe. Imagine that you are weightless and invisible.



Experiment

Go somewhere you have never been before, or do something you have never done before.

24

Meditation

"I am valuable!"



Ritual

Congratulate yourself for something you have achieved in the last year.



Experiment

Relax, and be as luxuriously lazy as possible, for any amount of time you choose. Enjoy it completely, without guilt. Allow it to rejuvenate you.



Meditation

"I am honest with myself and others!"



Ritual

Pretend that you live in a world where everyone is telepathically connected and there are no secrets. What kind of person would you want to be? Are you that person now?



Experiment

Write a handwritten letter to someone and give it to them.



Meditation

"I am appreciated!"



Ritual

If you could be remembered and appreciated far into the future of humankind, for one single thing, what would you want it to be? Meditate on this idea and how you might apply it to your life now.



Experiment

Recall something you love about yourself, then create art about it.



Meditation

"I accept myself!"



Ritual

Think of the person you are the closest to in life. Imagine them being free to be exactly who they are. Imagine them allowing you to be exactly who you are.



Experiment

Write something about yourself as a child (true or fictional).



Meditation

"I am excited!"



Ritual

Tune yourself to the feeling you get when something ever so exciting is just around the corner. Fantasize about an amazing surprise making its way to you. What do you hope it will be?



Experiment

Do one thing that excites you, right now!



Meditation

"I am abundant!"



Ritual

Visualize endless love, positivity, and abundance pouring down on you from all over the universe. Accept, embrace, and appreciate it.



Experiment

Make something that is beautiful, exuberant, and silly, then give it to someone.



Meditation

"I am open to serendipity!"



Ritual

Think about a challenge you are facing now. Dream up some creative, unconventional, and even humorous solutions.



Experiment

Go somewhere without planning anything in advance. Follow your intuition and respond to what is around you to figure out where to go and what to do.

31

Meditation

"I am supported!"



Ritual

Visualize yourself during a difficult period in your younger years, then picture the current you giving your younger self love and support. Next, see your future self doing the same for you now.



Experiment

Bring to mind a challenge you are having in your life or creative practice. Ask your subconscious to solve it while you sleep tonight. See if the morning brings any new perspectives.



Meditation

"I do what I love!"



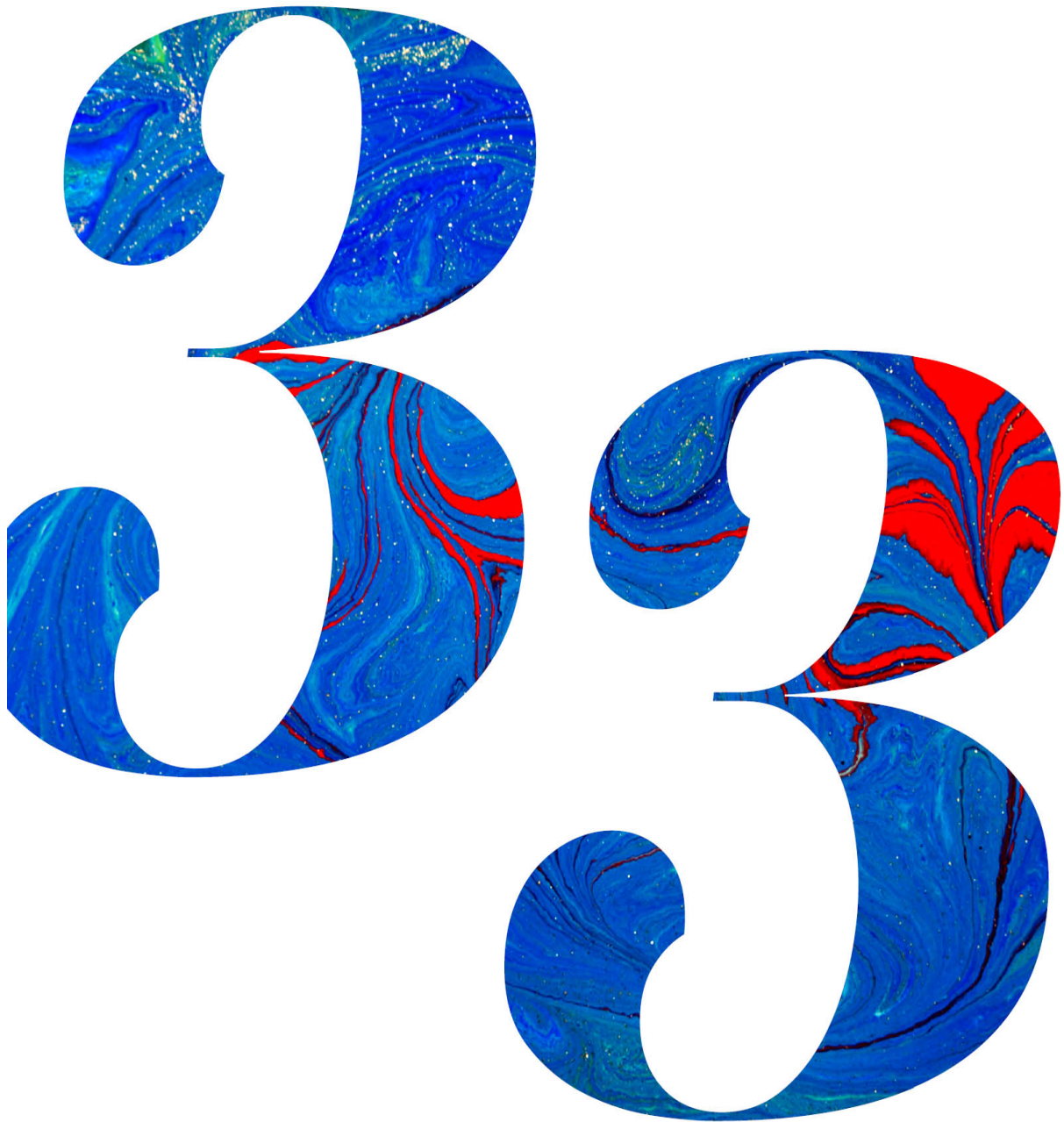
Ritual

Jot down your five biggest interests and passions. Next, innovate some ways to combine them all into one activity—practical things that you'd actually do, or completely absurd ones.



Experiment

Pretend that you exist one hundred years in the future. What kind of life would you hope to have? What would be most exciting? Bring one idea from this vision into your life now.



Meditation

"I am infinite!"



Ritual

Destroy something.



Experiment

Envision the entire universe inside out, with all of the cosmos within you. Create something based on this idea.

321

Meditation

"I am radiant!"



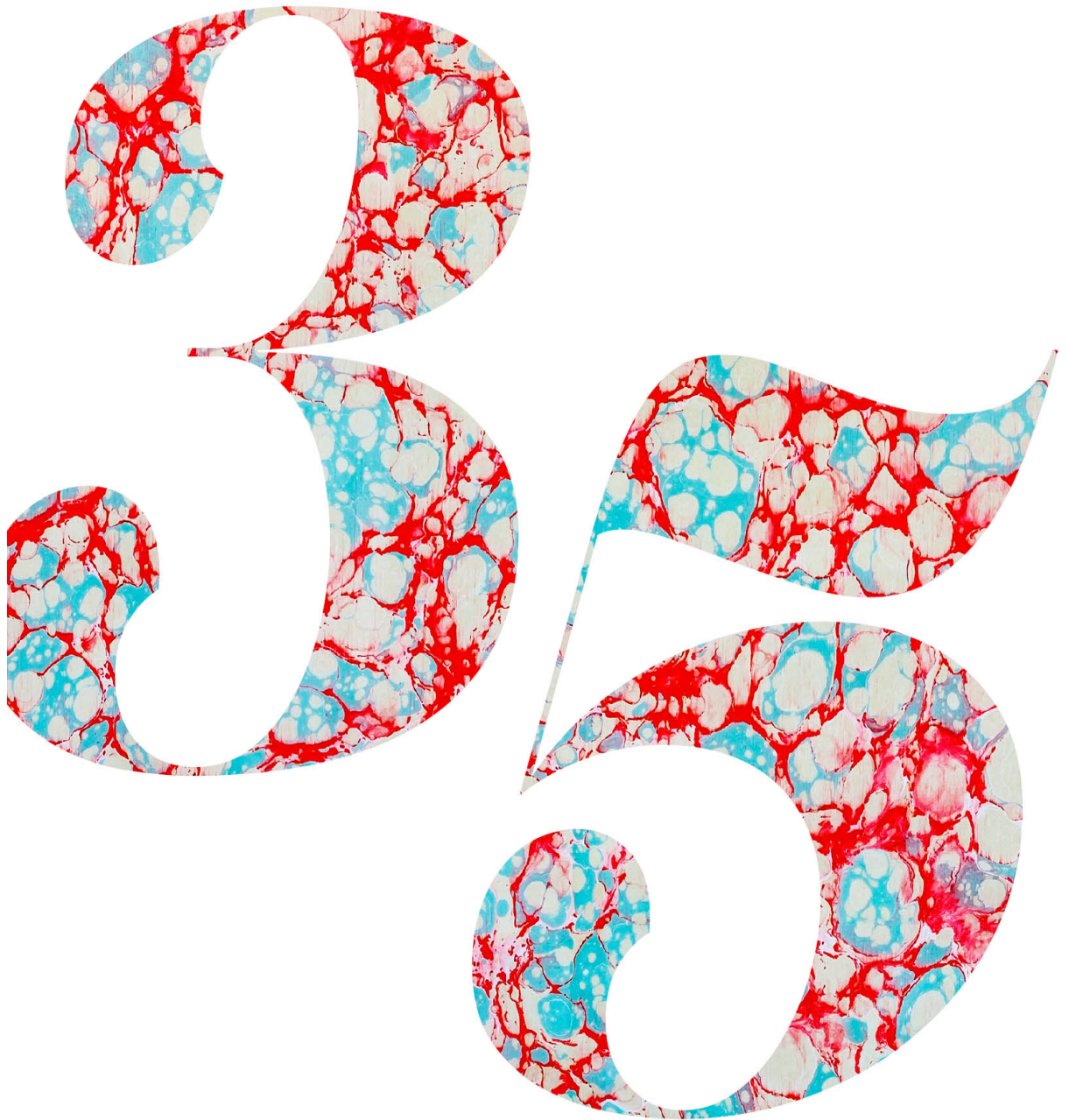
Ritual

Imagine yourself as the sun.



Experiment

Make a positive and authentic connection with one new person today.
Use respect, appreciation, and kindness as your guide.



Meditation

"I am strong!"



Ritual

Sit quietly and reflect on what is, right now. Focus on what you appreciate. Expand and amplify your feeling of appreciation as much as you can.



Experiment

Cut one negative thing out of your life.



Meditation

"I deserve a life filled with love!"



Ritual

Fantasize about the life of your wildest dreams. Make a list of any reasons why you believe you don't deserve this life, if there are any. Destroy the list and see if you can let these beliefs go now.



Experiment

Remember a time when you experienced catharsis—a relieving of some strong emotion. Create something based on that experience.



Meditation

"I am grounded!"



Ritual

Lie on the ground or walk around outside. Visualize all of your pain and troubles falling away and being absorbed into the earth. Next, imagine the earth filling you with life.



Experiment

Picture your life if you were famous (or more famous than you already are!), then make a list of all the pros and cons of having that life.



Meditation

"I appreciate!"



Ritual

Contemplate your dream life. How many ways can you list that your current life is already like your dream life?



Experiment

For at least a day, focus on feeling and expressing appreciation as much as you can.



Meditation

"I am perfect!"



Ritual

Reflect on some of the amazing things your body has helped you do, and thank it.



Experiment

Recall something you regret, then make a creative project based on that experience. See if you can explore your regret in a way that brings you peace or catharsis.

40

Meditation

"I love my life!"



Ritual

Spend a few minutes silently looking closely at everything around you.



Experiment

Make a list of some stimulating creative adventures you could go on. Do one today, or schedule something for the near future.

21

Meditation

"I can!"



Ritual

Make a long list of things you have accomplished lately, including even the smallest triumphs, like wearing clean socks or brushing your teeth.



Experiment

Finish something—any task, big or small.



Meditation

"I create beauty!"



Ritual

Visualize the studio or workspace of your wildest dreams.



Experiment

Do one thing to make the world more beautiful.

43

Meditation

"I create value!"



Ritual

Think about some of the positive things you've previously done for other people, animals, or the planet. They can be any types of actions, large or small.



Experiment

Write down some exciting and enjoyable new ways that you could start using your creativity to help people, animals, or the planet. Do one.

2121

Meditation

"I feel!"



Ritual

Ask yourself what you are feeling right now. Observe these feelings from a neutral frame of mind. Where are they happening in your body? Simply breathe deeply, relax, and feel them as fully as you can, whether or not they are enjoyable. Trust the wisdom of your body's processes.



Experiment

Do something that feels good, and enjoy it as deeply as you can.

45

Meditation

"I am beautiful!"



Ritual

Set a timer, and look at yourself in the mirror for five minutes without thinking or saying anything that is negative.



Experiment

Create a self-portrait that doesn't depict your physical self.

46

Meditation

"I am open!"



Ritual

Visualize yourself as a floating sphere of light—pure awareness. Do this as much as you can for one day.



Experiment

Ask someone to take you with them to do something they love, and be open-minded and positive about the experience.



Meditation

"I am powerful!"



Ritual

Visualize the life you would live if you had no fear. Visualize an entire world where there is no fear.



Experiment

Write out all the things you need right now. Do one thing for yourself that meets a need, and kindly ask someone to help you with one of the other things.

48

Meditation

"I am infinitely creative!"



Ritual

Go to a park, forest, garden, or other natural site. Without causing any harm, create something out of natural objects, and leave it there.



Experiment

Destroy something you have created, then use the remains in a new piece of art.

40

Meditation

"I am healthy!"



Ritual

Do some exercise! Anything you like, from interpretive dance to push-ups.



Experiment

Make a list of things that would make your life healthier. Take one small step toward doing one of those things.



Meditation

"I am exceptional!"



Ritual

Write down at least fifteen exemplary things about yourself.



Experiment

Create something that only you could create—it doesn't have to be good, just unique!



Meditation

"I am peaceful!"



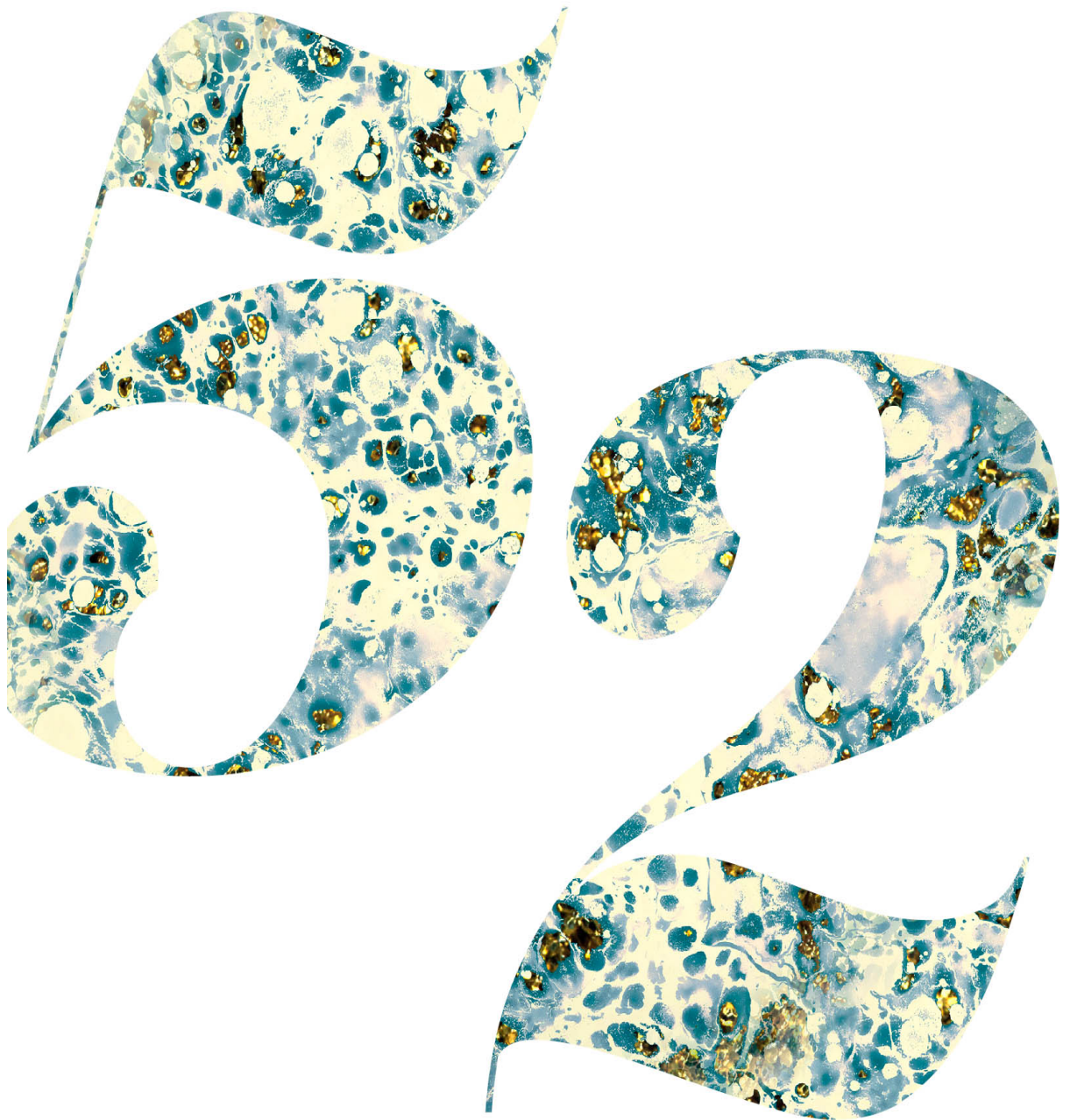
Ritual

Scrawl out everything you can think of, everything you feel, and anything else that comes out. Write until there is nothing left to write. Burn it, or tear it up and throw it away.



Experiment

Think of any person, living or dead, whom you have negative feelings about. Write a compassionate and kind letter to them, imagining that you are their mother.



Meditation

"I know my truth!"



Ritual

Make a list of your biggest passions, obsessions, and the things you value most in life. What general themes or common threads do you notice among them? Is the overall direction of your life aligned with these themes? See if any areas of your life could use realignment now.



Experiment

Write a ridiculously cheesy poem or song about someone or something you love.



Meditation

"I am ready!"



Ritual

Imagine your peak self—the most inspired, strong, and capable version of you. Think of some ways you could be more like this version of yourself, more often.



Experiment

Make a list of all your favorite creative activities. How could you build more dedicated and inspiring space for these activities in your home, office, or wherever it is needed? How could you be more prepared to create at any time? Implement at least one of these ideas now.



Meditation

"I am loved!"



Ritual

Think of a challenge you are currently having, then create a fun and supportive poem, song, drawing, comic, or letter to yourself about it.



Experiment

Recall (or imagine) a time when you felt loved, and explore it with art or writing.



Meditation

"I am happy!"



Ritual

Dance around, but not focusing on rhythm or what looks good. Feel any pain or tension in your body, and see if you can work through it with movement. Do what feels good.



Experiment

For at least a day, walk, move, and hold yourself the way a happy person would, even if you don't feel that way.



Meditation

"I am relaxed!"



Ritual

Relax your body as completely as you can—use yoga, meditation, soaking in a hot bath, napping, or anything you like to assist you.



Experiment

Do something that energizes you, while staying as relaxed as you can.
See if you can feel energized and relaxed at the same time.



Meditation

“I am expressive!”



Ritual

Yell or vent or make weird noises to express your feelings—by yourself or to a willing participant. If you are involving another person, allow them to do the same. Let it all happen with humor and without judgement.



Experiment

Choose a feeling or idea you would like to express, and write a poem or song about it. Remember that it doesn't have to be good—just write and see what happens.



Meditation

"I am loving and kind!"



Ritual

Meditate on the idea of bringing more kindness into your creative practice. Write down any good ideas that come.



Experiment

Build some trophies or awards for a few people in your life, and hand them out. They can be for any achievement, big or small, real or imagined, serious or comical—just keep it positive.



Meditation

"I accept what is!"



Ritual

Forgive the world. Accept the being-ness of what already is.



Experiment

Start a piece of art, then give it to someone else to finish it. Completely let it go, allowing them do anything they like.



Meditation

"I have momentum!"



Ritual

Visualize yourself sitting completely still within a bubble. Next, imagine the bubble rocketing effortlessly through space, while you remain calmly inside, observing everything that flies by.



Experiment

Without thinking or planning anything, start doodling or sketching and create an abstract drawing. Don't worry if it's good, just finish it!

61

Meditation

"I am positive!"



Ritual

Make a list of things about your life you don't like, and why. Next, write down some creative (maybe even ridiculous) ways that you could see each thing in a more positive way. Dark humor is allowed—even encouraged!



Experiment

Give a genuine compliment to someone about their work.



Meditation

"I listen and understand!"



Ritual

Turn off any music or other media, and simply sit and listen to all the sounds around you.



Experiment

Ask someone about their hopes and aspirations.



Meditation

"I am enough!"



Ritual

Write out a list of things you feel like you should do. Cross off the things you know you will never do, and let them go. Burn or shred the list.



Experiment

Simplify something—in your work or in your life.

691

Meditation

"I am unique!"



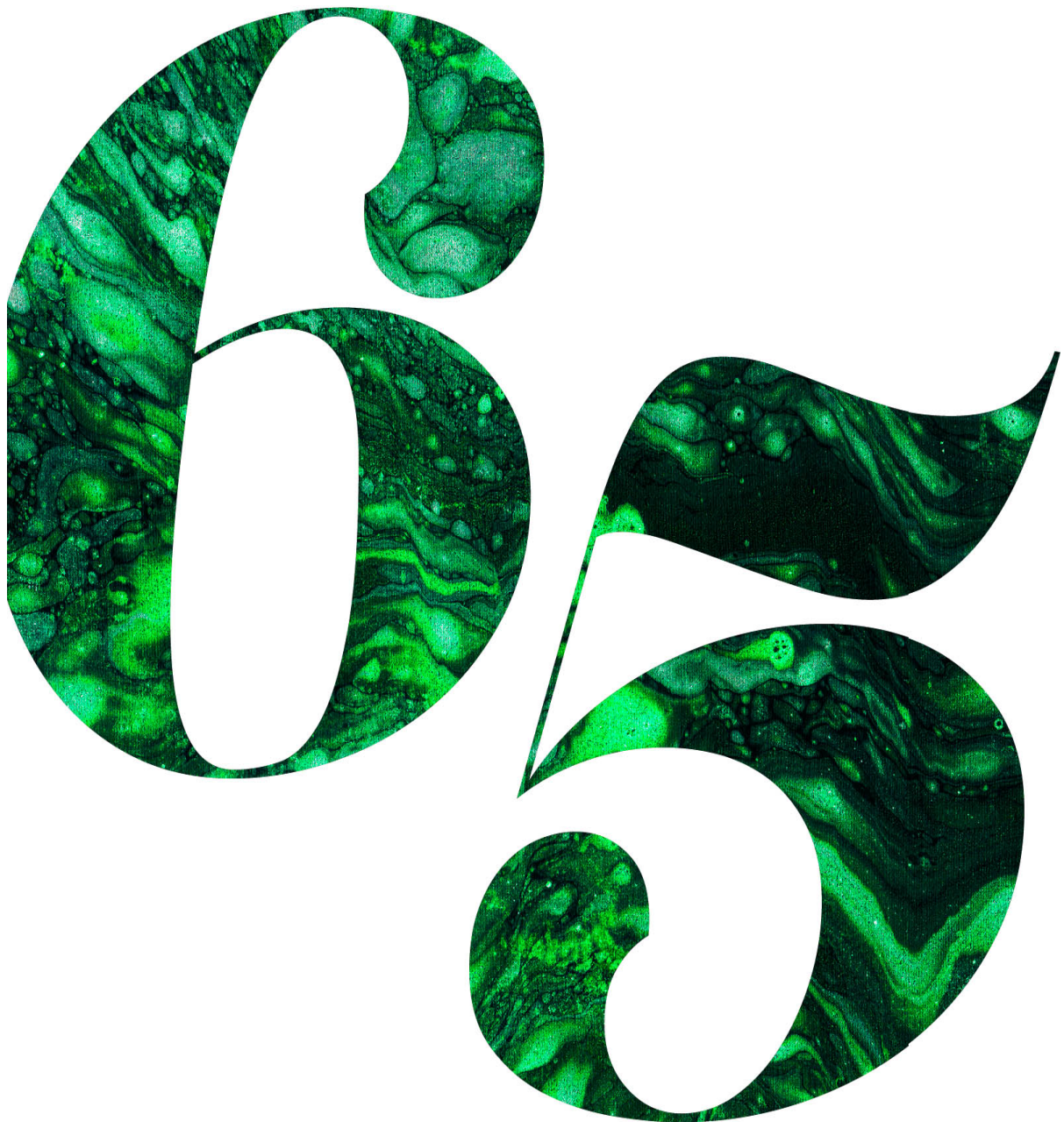
Ritual

Create a list of things that make you feel different or weird. How could you use these things to your advantage right now? For inspiration, consider some of the amazingly weird people who have made a positive impact on the world.



Experiment

Create art based on something about yourself that is unique.



Meditation

"I am forgiving!"



Ritual

Write an open and honest letter to someone you don't like or whom you have a conflict with, and burn or shred it. Then, as much as you can, forgive them.



Experiment

See if you can create something that you know you will hate.



Meditation

"I am a creative genius!"



Ritual

Make a wish! Come up with something that is amazing and exciting and unlikely to ever come true.



Experiment

Free choice: Think of some challenges you would like to address, then invent some of your own fun creative experiments to help you explore them. Do one, and keep a list of your ideas for future reference.



Meditation

"I know myself!"



Ritual

Visualize where you'd truly like to be in life, one year from today. Are you pointed in that direction now, to the best of your ability? Write down any changes you would need to make to reorient yourself.



Experiment

Create something that explores, expresses, and exaggerates how you feel right now.



Meditation

"I know my worth!"



Ritual

Hug yourself and smile.



Experiment

Reflect on the idea of who you truly are (or might be) from the perspective of your wise inner being—not so much as a human in society, but as a miraculous sentient being in the context of the entire history of existence. Explore this creatively.



Meditation

"I am curious!"



Ritual

Bury something.



Experiment

Any time you go through a doorway today, imagine that you are entering a new and improved alternate reality that you don't know anything about.



Meditation

"I am filled with awe!"



Ritual

Dwell for a few minutes on all the things that had to happen in the history of the universe to bring you to this exact moment.



Experiment

Envision your idea of a perfect world. Create something based on that world.



Meditation

"I am satisfied!"



Ritual

Make a list of simple pleasures in life that you thoroughly love, and do one. Keep this list as a reminder of good things for when you're feeling down.



Experiment

Imagine some ways to bring more sensory enjoyment to your work sessions—scented candles, snacks, fuzzy slippers, nicer lighting, or anything you can think of. Implement at least one.



Meditation

"I am wise!"



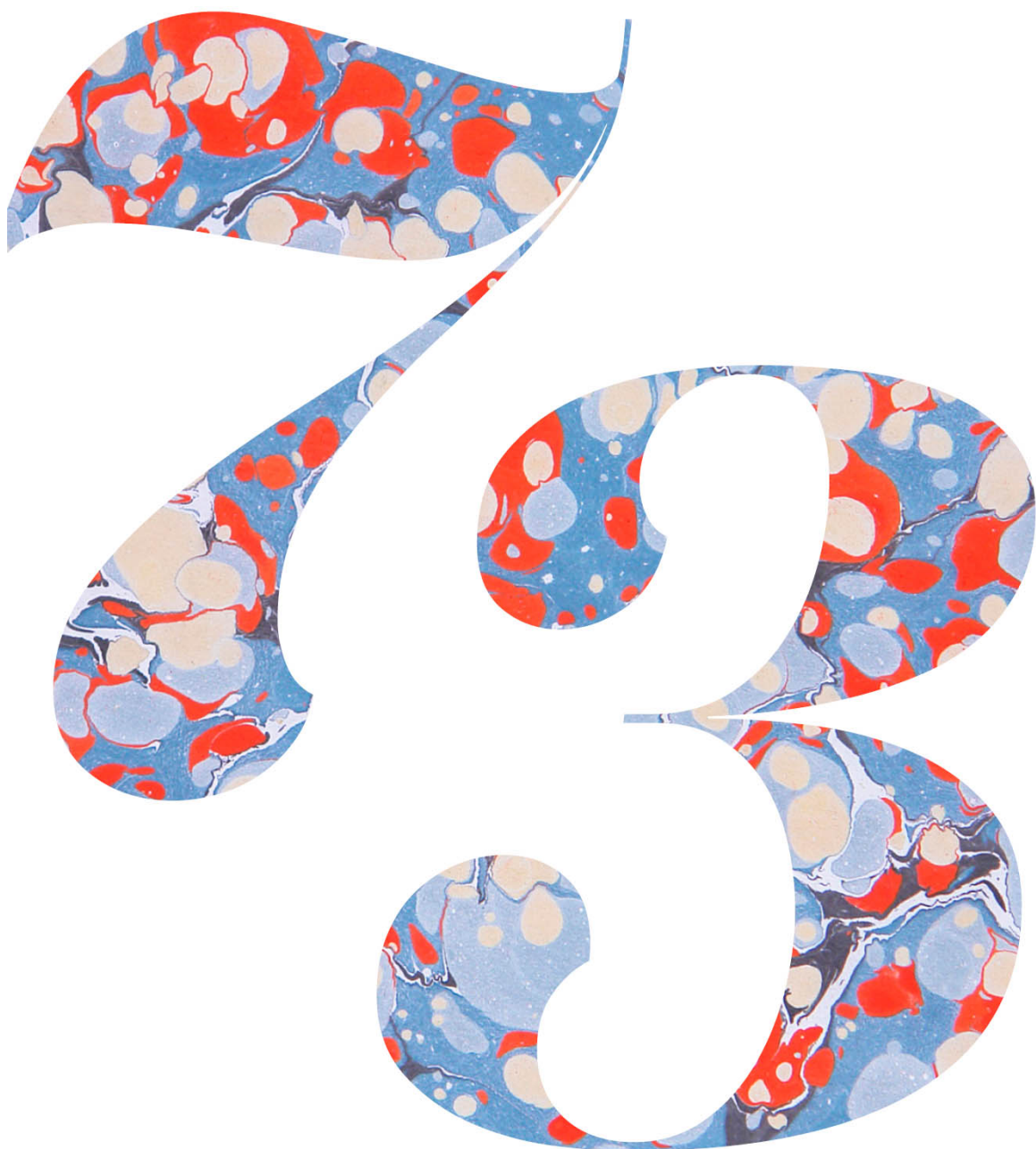
Ritual

Use your imagination to write a letter to yourself, from the perspective of someone you admire.



Experiment

Write down all of the biggest challenges you have in your life. List any general themes you notice, but worded in a positive or neutral way. For example: Health issues could be "healing," money troubles could be "wealth," and so on. Finally, explore at least one of these themes with writing or art.



Meditation

"I am resourceful!"



Ritual

Spend some time imagining fun ways that you could trade your creativity for things you want or need. Write down your favorite ideas.



Experiment

Take an object that is broken or neglected, and find an inspired way to fix or make something new with it.



Meditation

"I am successful!"



Ritual

Contemplate all of the progress you have made in the last decade, in any areas of your life.



Experiment

What does success mean to you? Write down the things you'd most like to achieve in life, especially ones that don't involve money or possessions. This could include contributions to society, states of being you would like to experience more, small daily pleasures you'd enjoy, or anything else. Take one step that brings you closer to this type of success now.



Meditation

"I am fulfilled!"



Ritual

Reflect on some of the moments in life when you felt the most fulfilled.
Make a list of small tasks that could help you to easily embody this feeling every day, and keep it where you can see and use it often.



Experiment

Complete an activity or project that you love—perhaps one you have been neglecting for “more important” things.



Meditation

"I am accepted!"



Ritual

Dance.



Experiment

In a spirit of non-judgment and lightheartedness, tell someone how you are honestly feeling, then ask them how they are honestly feeling.



Meditation

"I am cared for!"



Ritual

Breathe deeply, relax, and observe the feelings in your body. If there are any needs to address, take care of what you can now.



Experiment

For at least a day, put your body's needs and physical cues above any mental pressure to accomplish tasks—sleep or rest when you are tired, drink lots of water, eat when you are hungry, etc.



Meditation

“I flow!”



Ritual

Imagine yourself floating down a river. What do you see? Next, imagine a river flowing through you.



Experiment

Write down everything that takes up the most time or energy in your life—especially things that cause you anxiety. They could be huge things like your career, or small things that just wear on you over time, like choosing your outfit every day. Come up with some ideas to make them easier or more efficient. This could involve eliminating extraneous tasks, creating streamlined systems, asking for help, or anything you wish.



Meditation

"I am a positive example for others!"



Ritual

Create a list of things you do in life, but don't like. Write down your reasons for doing each thing. See if there are any that it would be wise to stop doing now. Cross them off. Destroy the list.



Experiment

Do something kind for yourself, then do something kind for someone else, too.



Meditation

"I am alive!"



Ritual

Breathe in completely. Breathe out completely. Repeat three times.



Experiment

Explore the idea of your life's purpose, or the meaning of life in general, through art or writing.

81

Meditation

"I am tenacious!"



Ritual

Spend a few minutes meditating on the greatest challenges you've had to overcome to be where you are now—still alive, strong, and doing your best.



Experiment

Consider something you have to do today but don't enjoy that much. Invent some ways that could make it more exciting, then try one.



Meditation

"I am joyful!"



Ritual

Relax, and take some deep breaths. Picture a rainbow of magical inspiration and joy flowing in through the top of your head. Visualize the rainbow filling your whole body until you overflow.



Experiment

Create the most exciting thing that comes to mind right now!



Meditation

"I am adventurous!"



Ritual

Close your eyes and imagine floating out of your body. Where do you go? What do you do?



Experiment

Go somewhere interesting, and take some photos or make some sketches of whatever inspires you there.

84

Meditation

"I am nourished!"



Ritual

Thank the Earth for something.



Experiment

Read a random page from any book, then produce an exciting art project based on it.



Meditation

"I am conscious!"

Ritual

Relax, breathe deeply, and look at your hands for a few minutes.



Experiment

Ask yourself, "Is there anything important I should remember right now?" and write down any interesting or useful answers that pop into your head.



Meditation

"I speak my truth!"



Ritual

Evoke a memory of when you felt immense love and joy. See how deeply you can feel that way now, regardless of any external circumstances.



Experiment

Make some art about a cause or theme you are passionate about, then show someone.



Meditation

"I am miraculous!"



Ritual

Remember the miracle of your existence.



Experiment

Thank yourself for something you previously did that benefits you now.
Next, do something right now that will benefit your future self.



Meditation

"I am!"



Ritual

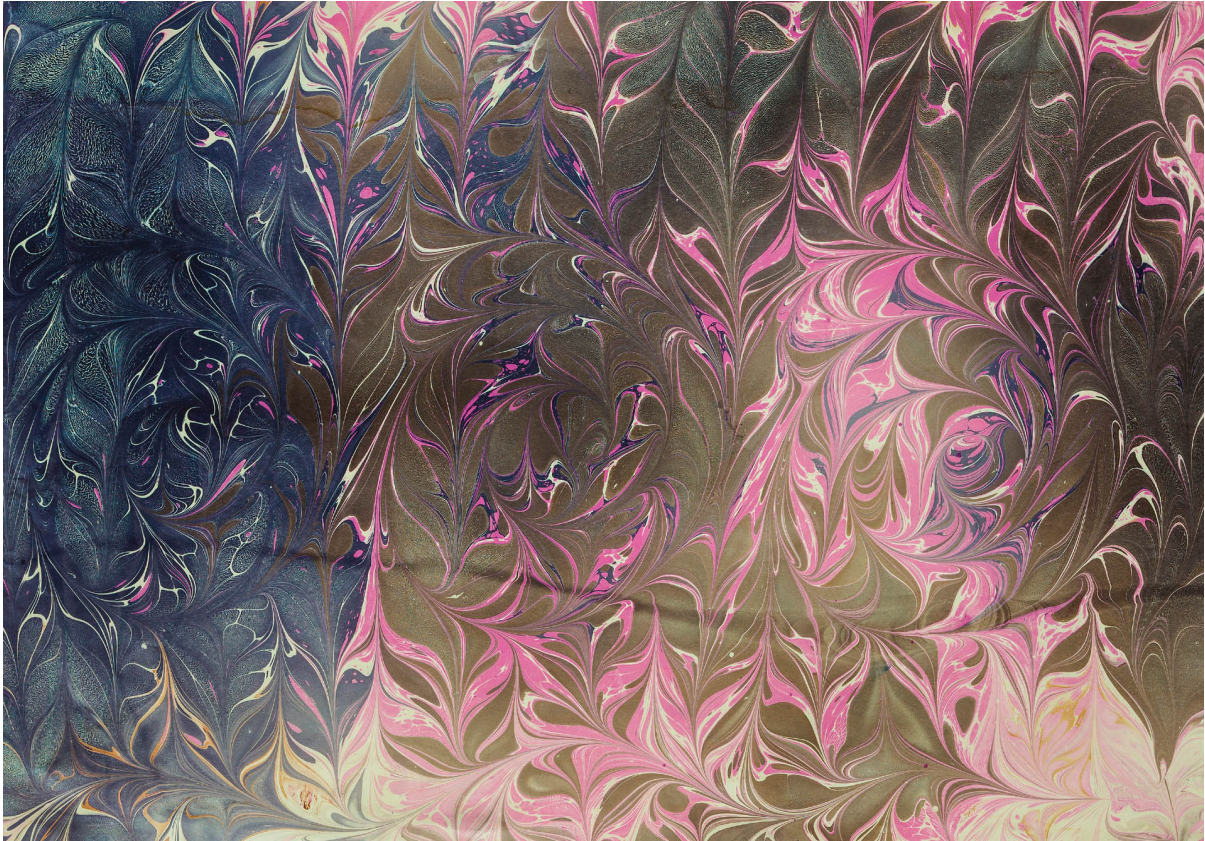
Imagine that you are the whole universe, and the whole universe is you.



Experiment

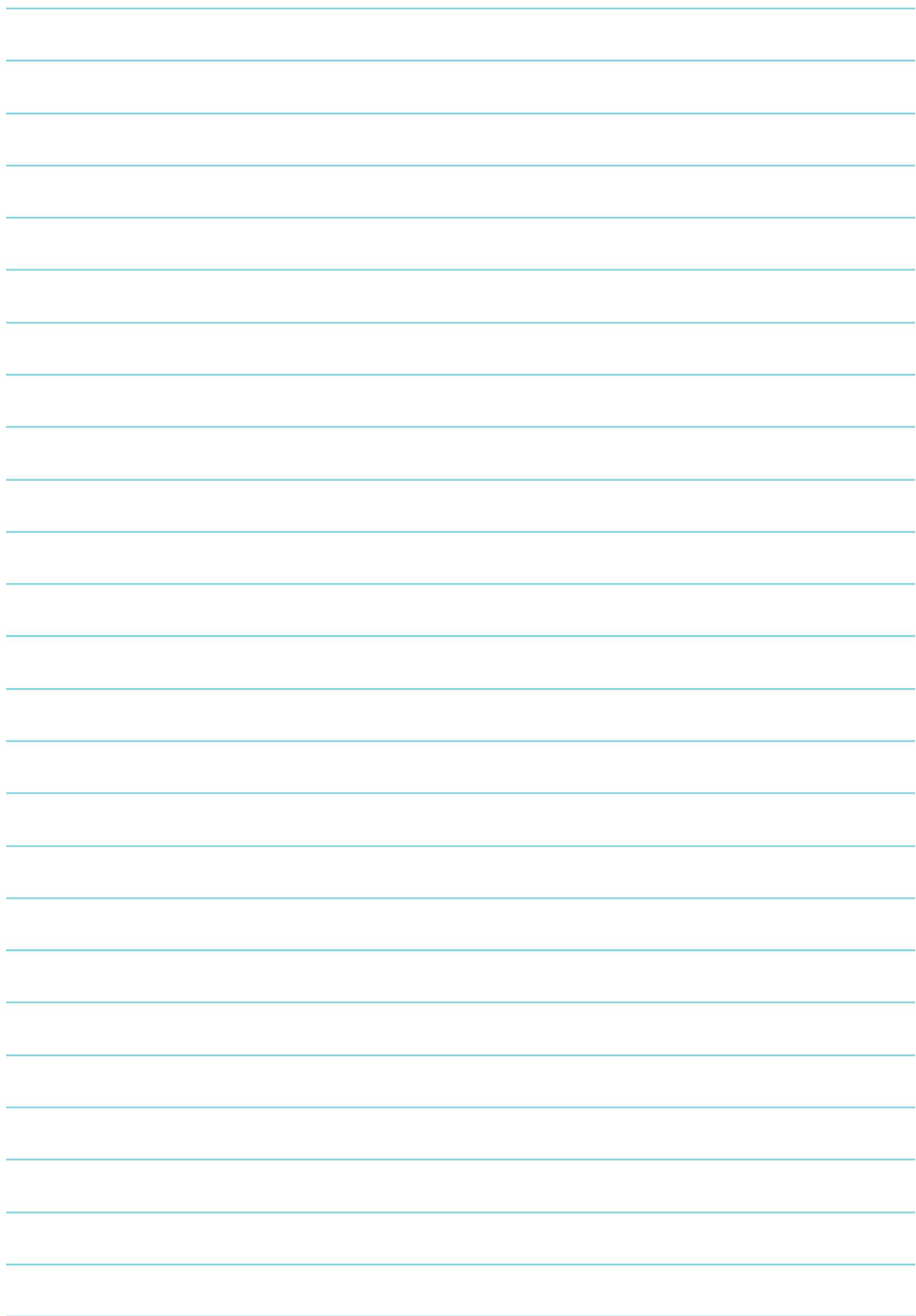
Envision living fully in your dream life now, in a state of ecstatic bliss.
Create something that expresses this state, in any medium.

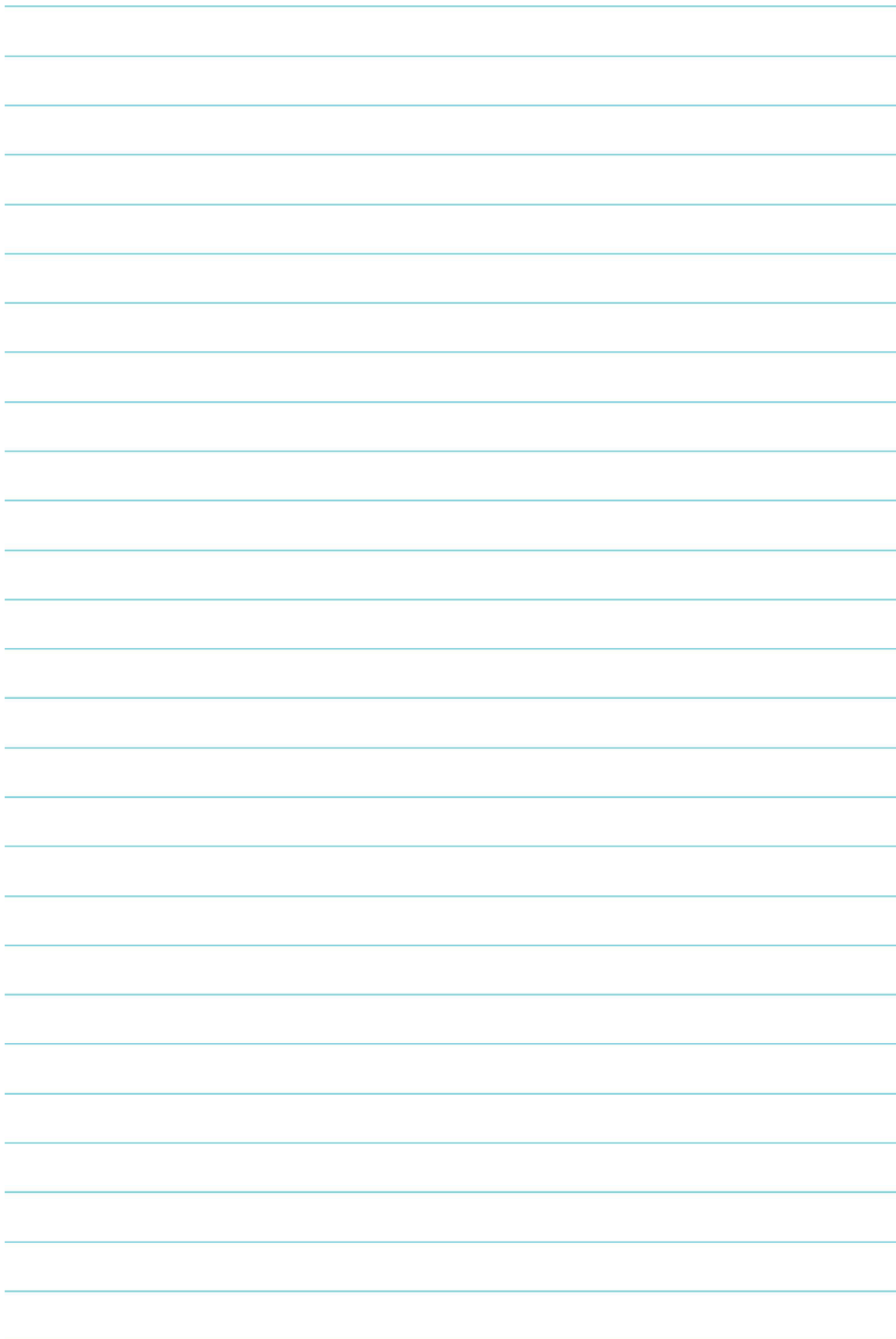
CONCLUSION

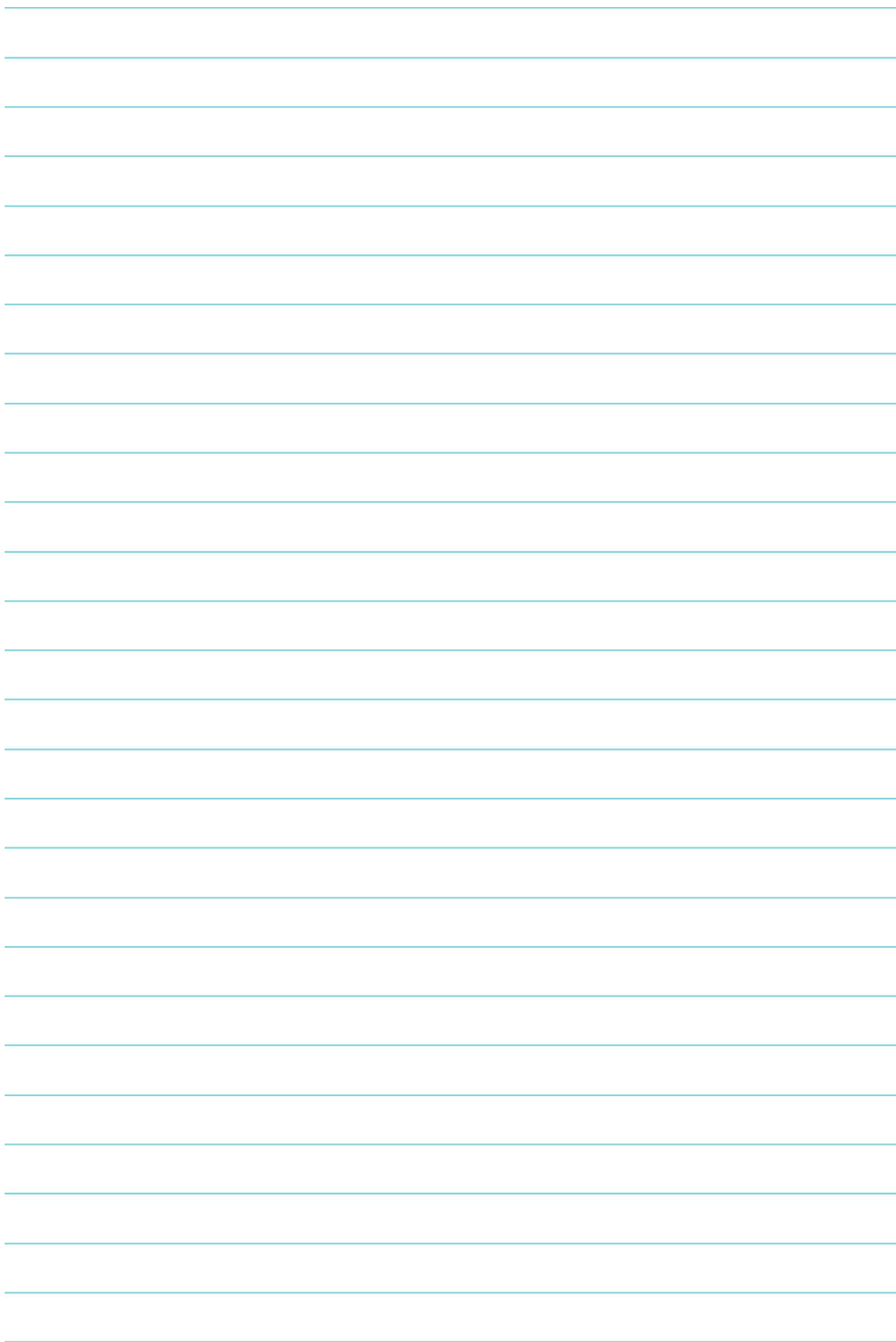


I hope you enjoyed your journey with this book and continue to use it often—whether randomly, sporadically, or systematically! The more you practice each meditation, ritual, and experiment, the deeper your discoveries will go, allowing for a greater and greater awakening of your innate power and inspiration. May you always remain joyfully aligned with your inner magic—in everything you do.

NOTES







MARLO JOHNSON is an author and mentor. Her work is based on the practice of consciously creating from the inside out, using inner transformation to allow positive change to naturally flow into all aspects of one's life. She is the author of *Create Now!*, also from Chronicle Books.

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